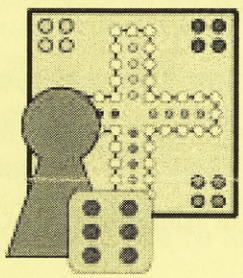
SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Aug/Sept. 2006 Vol. 49

Upcoming Events Through SACWN

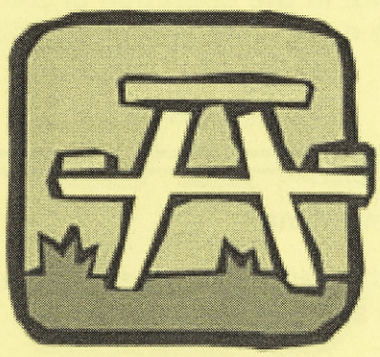
GAME DAY - Sunday, August 6th at 2:00 PM. And if you get too hot playing games, you can cool off in the pool, so bring your swimsuit. Also, bring your favorite game, appetizer, chair and drinks. To RSVP contact Michele at 683-1365 or mmmbills@aol.com



PICNIC/KAYAKING PARTY

Saturday, September 23 We will be having a summer picnic, beach party and potluck. We're planning on having it at the Sacramento Aquatic Center on Lake Natomas.

Once the details are confirmed, we will be sending out an E-mail to those on our SACWN list. If you're not on our list, E-mail us at sacwn1@yahoo.com and we'll include you.



THE SACWN MISSION
SACWN needs a new mission statement that is in syncrony with the 21st Century. Be one of the new leaders to help make that decision.

PO Box 19036
Sacramento, CA 95819-0036
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
(open)

TREASURER
Cindy

MARKETING/ SPECIAL PROJECTS
(open)

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We meet at 6:30 on the first Thursday of every month at the Lambda Center. Come join us and give us your ideas and input - August 3rd and September 7th.

Special Interest Groups (SIGS)
Have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

Top 10

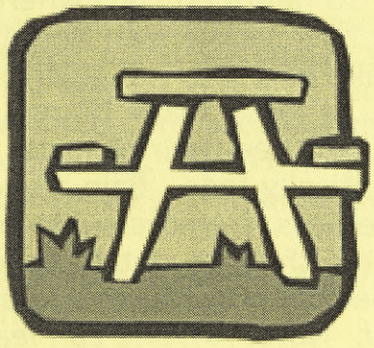
Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

You are invited to a Salad Bar and Dessert Potluck with LaVonne and Georgia.

When: **Sunday, August 20 at 1:30**
Where: Our House in Fair Oaks
RSVP: By August 12 - 967-3019

We'll give you direction and co-ordinate what you'd like to bring for the Salad Bar and Dessert Potluck when you call to RSVP. Please bring your own drinks. We're looking forward to seeing you.
LaVonne and Georgia

PICNIC - Saturday, September 16 at 11: 30AM.
Come to East Portal Park at 51st Street and M Street. Cat, Mary F., Dee and Sharon J. are hosting the picnic. They are providing the main dish. Guests are asked to bring a side dish, drinks, your own chair (optional). If you have a badminton or croquet set, feel free to bring it. Table games are good, too. Please RSVP by September 14 to Dee: 916-443-2377.



MORE SIGS THROUGH SACWN

Arts and Entertainment
(A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Dee at 443-2377.

Recently our A&E group went out for dinner at Crepeville and afterwards enjoyed an evening at the Lambda Playhouse watching the production: *West Palm.* We enjoyed ourselves very much. We could see that we have some great acting talent here in Sacramento.

Just yesterday some of us went to the Crocker Art Gallery and took in M. C. Escher: Rhythm of Illusion.

Maurits Cornelis Escher (1898-1972) is one of the world's most famous graphic artists. His art is enjoyed by millions of people all over the world, as can be seen on the many web sites on the internet.

He is most famous for his so-called impossible structures, such as Ascending and Descending, Relativity, his Transformation Prints, such as Metamorphosis I, Metamorphosis II and Metamorphosis III, Sky & Water I or Reptiles.

The website with some of his work is: http: //www.mcescher.com/

Happenings in the Community

Sacramento International Gay Lesbian Film Festival October 12-15

(info from the SIGLFF website)

SIGLFF is a Winner!

On March 20, 2006, the Sacramento International Gay and Lesbian Film Festival was the proud recipient of the Lambda Community Fund's Gail Lang Arts and Culture Award. David Van Der Griff, the Sacramento International Gay and Lesbian Film Festival President, accepted the award at a ceremony at the Doubletree Hotel in Sacramento.

The award is given each year to an individual or organization that has demonstrated outstanding dedication to equality and empowerment through an artistic body of work or who has supported those ideals through patronage of the arts community. It is named after Gail Lang, a revered leader of the arts community of Sacramento who died in 2003.

"We're exceptionally proud we were chosen for this honor," said Van Der Griff on behalf of the SIGLFF Board. "Putting on the festival each year is plenty of reward, particularly when we hear the reactions of our audiences to the films. This award is some very nice icing on the cake."

The striking glass award was presented by longtime community activist, and SIGLFF friend, Marghe Covino.

This year, SIGLFF is celebrating its Fifteenth Anniversary. The festival will be held at the Crest Theater this year from October 12-15.

http://www.siglff.org/index.html

Medicine's Major Miss -- The Elephant in the Healing Zoo

(From Gary Craig's Blog)

Could it be that Medicine has just flat out missed a major cause of disease?

Is it possible that this heavily financed Elephant in the Healing Zoo has been chasing chemical monkeys while a principle cause of disease (emotions) has been purring in its lap for decades?

As an outsider to the medical field I feel a bit strange writing this. How does a mere Stanford engineer get off questioning the very foundation of one of the world's largest institutions?

On the other hand, I merely point out the obvious. So let me say it...

Unhealthy emotions such as anger, fear and trauma are a major drain on our body's immune system and thus show up physically as disease.

How simple ... and it is intuitively obvious. Just about everyone knows this at some level within themselves. Don't you know, for example, that retaining anger over a long period of time "eats away at your system" and causes blood pressure problems, stomach problems, heart problems and the like? There is plenty of scientific evidence along these lines but, apparently, it has been ignored.

I will be coming out next month (August) with about 30 hours on DVD wherein I apply EFT for 20+ people with Serious Diseases. I take aim solely at their emotional issues and, as those fears, angers, etc. vanish, you will see their physical symptoms dramatically fade. Pain recedes, flexibility returns, tremors subside and so on. It's astonishing to watch, especially since no medical procedures are used whatsoever. Note: *Anyone can learn the*

basics of EFT for free by downloading the EFT Manual at http://www.emofree.com/downloadeftmanual.asp
These results would be impossible unless unhealthy emotions were an important cause of physical symptoms.
I'm very open to opposing views but, frankly, I doubt if a whole room full of doctors using conventional medicine (drugs, surgeries, radiation) can duplicate those results. This is not a criticism of the dedicated docs, by the way. Rather, it is a commentary on Medicine's Major Miss.
(continued on page 5)

If Medicine isn't addressing the true cause, then isn't it just masking symptoms?
Am I just being naive here? Do I really think that this simple idea is worthy of the Medical Monolith shifting its focus towards emotional causes?
Well ... yes!
A growing number of physicians are persuaded in this direction and one such doctor is Larry Burk MD, a radiologist in North Carolina. Dr. Burk appeared on one our DVDs and discussed these concepts with me at some length. Interestingly, he has seen many X-rays and MRIs wherein medical explanations are quite divergent from people's experiences of pain. I print below his comments on my recent post, "What REALLY causes disease?"
Cheers, Gary

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If negative emotions can weaken the immune system, perhaps positive emotions can strengthen it. Many are skeptical of such reverse logic, but growing evidence supports it. For example, numerous studies have shown that patients who are optimistic recover faster with fewer medical complications than patients who are pessimistic. *Go to their website for ways to strengthen your immune system.*

http://www.womensmedia.com/health-emotion.html

Health Column

Advice From Dr. Priscilla Monroe, Naturopathic Physician

Use it or loose it....I suppose you've all heard that expression before, but I was recently reminded of it again. Did you know that we loose 25% of our muscle mass per week when on bed rest? I also learned that 25% of nothing is nothing.

Since we never know when we might be in an accident or take ill, it is so important to keep ourselves in shape. I've been putting off the gym lately and after an accident, I ended up with a full week of hospitilization. It was amazing how much muscle mass I lost!

I was rudely reminded that if I'm going to be a healthy, vital senior citizen, I need to work harder now to attain that goal. This doesn't have to be strenuous exercise. It can be as easy as a regular, 30 minute walk daily. You might want to leave the dog home on a few of those walks, unless you can get them to really walk with you. Of course, it doesn't hurt to throw in some weight training into that formula such as some stationary squats and light hand weights.

I'm happy to say that Dr. Monroe is a local physician. and has had her practice here in Sacramento for 13 years.
Sharon

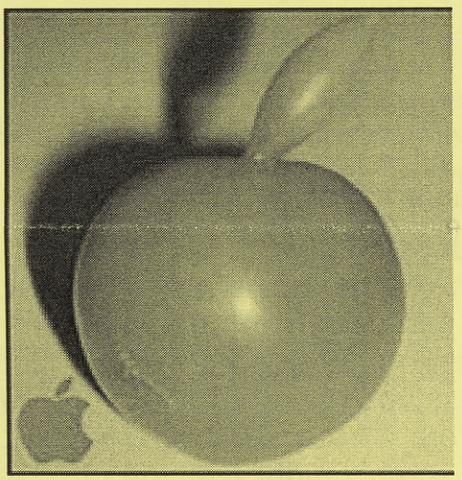
Strange and Wonderful Phenomenon!

MoFA
Museum of Food Anomalies

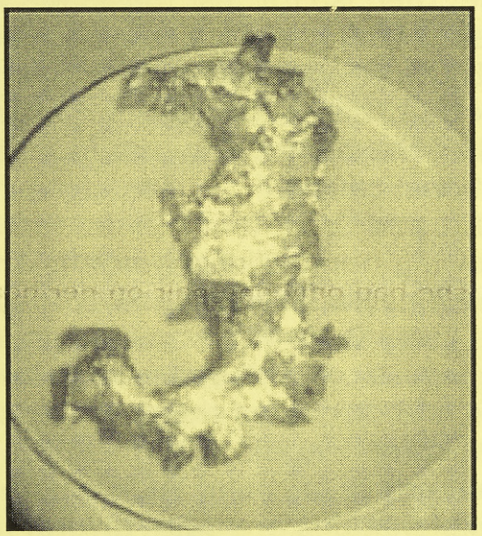
This site is the on-going exhibition of the **MoFA**'s (Museum of Food Anomalies) collection. They've chosen to display a cross-section of defining works from the archives to supply a proper introduction to the Art of Food Anomalies. This gallery is updated as new works arrive.

Of course, their curator is always looking for additional works. If you have something you would like to share with the museum please read our specifications for submission.

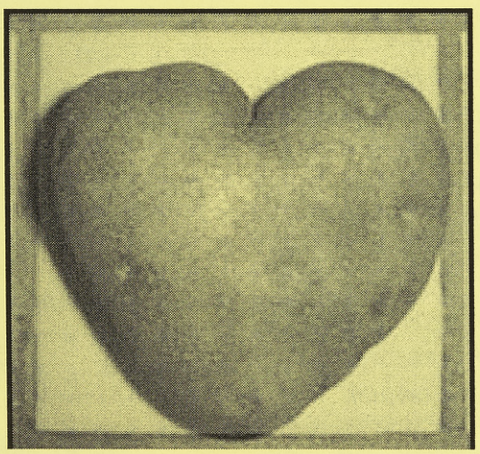
http://hanttula.com/exhibits/freakyfood/index.htm



An Apple tomato!



A funnel cake sea horse



A heart potato

Food For Thought

ATTITUDE

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

"Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

"H-M-M," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

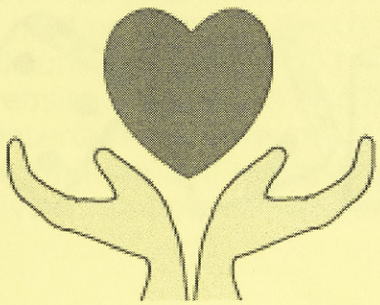
"Well," she said, "Today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

"YEAH!" she exclaimed, "I don't have to fix my hair today!"

Attitude is everything.

"Be kinder than necessary, for everyone you meet is fighting some kind of battle."



HOW TO STAY YOUNG

1. Try everything twice. On Madams tombstone (of Whelan's and Madam) she said she wanted this epitaph: Tried everything twice...loved it both times!

2. Keep only cheerful friends.
The grouches pull you down. (keep this in mind if you are one of those grouches;)

3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. "An idle mind is the devil's workshop."

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.

6. The tears happen: Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. LIVE while you are alive.

7. Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it.
If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

11. Forgive now those who made you cry. You might not get a second time.

Happenings In the Community

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Paula Adams-Mitchell, MFT

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*Couple Therapy

*Internalized Homophobia

*Trauma Resolution

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Want to know what else is happening in the area?

Check out these groups.

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League Contact person is Tom Lane - 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org

For local information e-mail Sharon: shtaylor@dfg.ca.gov

Check out Tina's Uptown Studios: She has all the latest activities going on in the area. You name it and she has it listed. Get her weekly E-mail blast right to your computer ready for you to read and enjoy.

http://www.uptownstudios.net

Jammin' Jo's E-mail list
Just E-mail Jo and she'll put you on her e-mail list which gives us information about the activities going on in our community.

jamminjoevents@comcast.net

Jammin' Jo Presents a Blast To the Past

Saturday, August 12th from 8-12:00 at Club 21. She takes requests, too.
The cost is $5. Club 21 is located at 1119 21st Street. It's lots of fun! I went with some friends and we had a good time last month.

A portion of the proceeds of ALL events held @ Club 21 by Jammin' Jo benefit Sacramento Local Non-Profit Agencies such as:

Healing Hands, Healing Hearts
Susan G Komen Foundation, Sacramento
Sunburst Project - Adopt A Family for Christmas.

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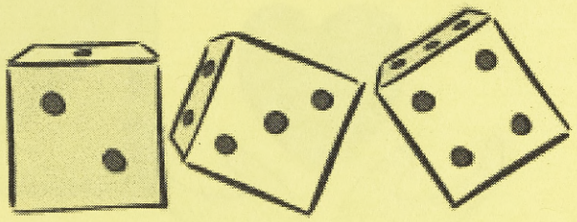
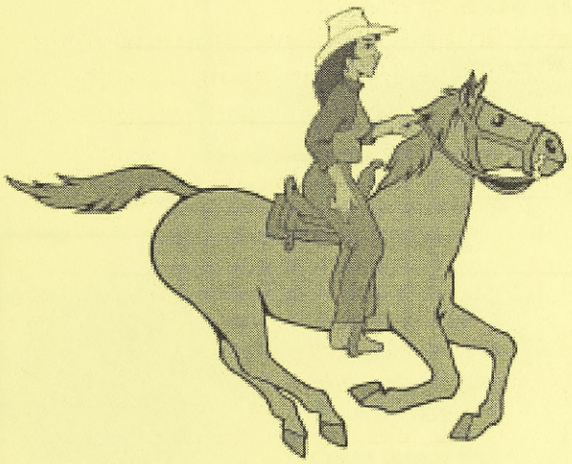
Bunco Group

Interested in being part of a lesbian Bunco group that meets once a month? We will need 12 women and a few women willing to substitute. The group will meet on the first Friday of the month beginning in the Fall.
For details, please call Paula at 967-0560.



Upcoming Events In Town



2006 Sierra Stampede Gay Rodeo and Festival
(Taken from their website: http://www.sierrastampede.org/en/default.asp)

After a one year hiatus to regroup and reorganize we are rested and ready to Cowboy Up! So, dust off your chaps, reblock your hat, starch your Wranglers, polish up your boots, and start shopping for that "perfect" Wild Drag costume cuz it's TIME TO RODEO! The 2006 Sierra Stampede Gay Rodeo and Festival is going in a new direction this year with a 1 day rodeo in conjunction with the Sacramento Rainbow Festival during the Labor Day Weekend. The Stampede will be held on Saturday, September 2 at our long time home, the Central Park Horse Arena in beautiful "downtown" Rio Linda, Ca. with the Rainbow Festival to follow on Sunday, September 3rd on 20th Street in the heart of Sacramento's Lavender Heights. It DEFINITELY promises to be a weekend chocked full of Rodeo, Entertainment, Friends, Family, Dancing in the Dirt, and Partying in the Streets. We look forward to producing what we are sure will be the best weekend of Rodeo and Gay Pride that Sacramento has ever seen. So mark your calendar and plan to join us for an exciting fun filled weekend! As always, you may write to us directly at rodeo@SierraStampede.org for further information.

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rainbowfestival

Rainbow Festival Street Fair '06
Will be held on Sunday, September 3rd. It's located at 20th Street and K Street. The Festival runs from August 31st to September 3rd. They're putting the final touches on their website so check in and find out who's going to perform, because they get some great entertainers there every year. In the street fair, they always have a lot of booths with information and merchandise. Come and join the fun. Here's their website: http://www.rainbowfestival.com/2006/

SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): __ Regular $24.00 __ Sustaining $48.00 __ Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
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No computer? Go to your local library. They have computers you can use to send E-mail.

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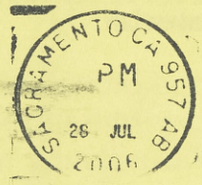

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Sacramento Area Community Women's Network

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